



Newsletter 21st December 2013

West Kirby Farmers' Market
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21st December Market Specials

Christmas hams; chipolatas; meatballs; Christmas sausage (made with cranberries, chestnut & orange) - from **Pen-y-lan Pork**.

Orange & whisky marmalade; red wine jelly - from **Find Inspiration In Food**.

Honey with walnuts - each jar with 100g walnuts - fantastic in porridge! From **Wirral Countryside Bees**.

From **Peerless Brewery** - seasonal ales *Winter Witch* and *Santa's Sat Nav*, with triple bottle gift boxes and mini kegs.

Mixed nut, cranberry, sweet potato & sage nut roast; roast butternut squash & caramelised onion quiche - from **Veggie Fayre**.

A fruit rich spicy sourdough stollen - from **Little Eye Bakery**.

Chocolate salami; turkey, stuffing & cranberry pies; individual Christmas puddings; packets of rosemary oatcakes and gingerbread stars - all great Christmas gifts from **Yasmin Limbert**.



Seasonal Recipe

Bread and butter pudding made with Christmas cake

- 6 - 8 slices Christmas cake, diced or crumbled
- 2 tbsp rum or brandy
- 75 g light brown sugar
- 2 eggs, beaten
- 225 ml milk
- 80 ml double cream
- 1 tsp ground cinnamon

Method:

- 1 Heat the oven to 180°C (160° fan) gas 4. Grease 4-6 individual pudding basins.
- 2 Arrange the cake in the base of each basin and sprinkle with rum or brandy.
- 3 Whisk together the sugar, eggs, milk, cream and cinnamon. Carefully pour the mixture over the cake and place the basins on a baking tray.
- 4 Bake for 20-25 minutes until set.

Subscribe here

The West Kirby Farmers' Market monthly e-newsletter, gives you news from our market producers and community partners. It has seasonal recipes, special offers (from the market and local retailers) and details of some other local food events. If you'd like to be added to the circulation list, then just put the request in an email to admin@westkirbyfarmersmarket.co.uk We promise not to pass on your details or use them for any other purpose.

Neston-based Flaming Bean Coffee have just taken receipt of some new coffees for your enjoyment over the festive period:

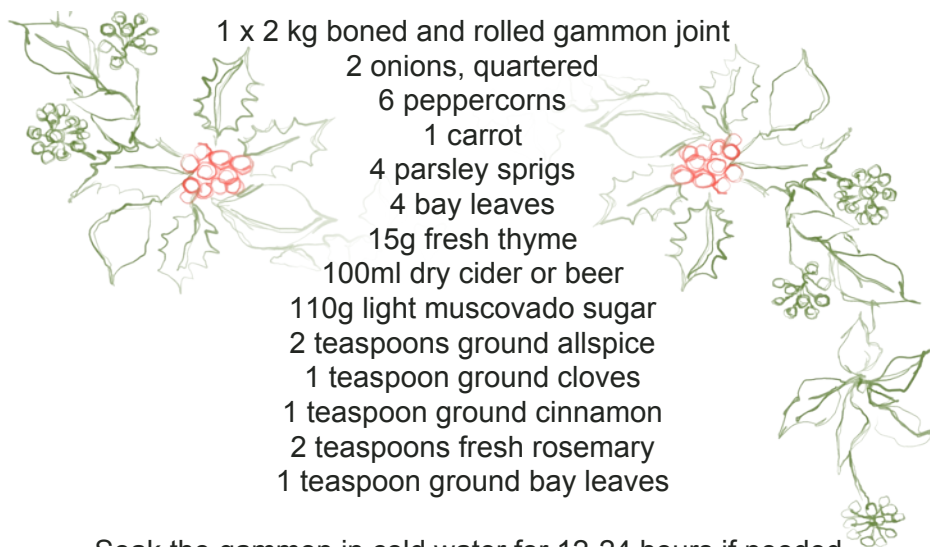
Kenya Peaberry
Sumatra Mandheling
El Salvador Cerro de Ataco
Old Brown Java

Ethiopia Sidamo
Malawi Geisha
Peru Fairtrade
Brazil Samba

They will be bringing some of them, freshly roasted this week especially for the market.

CHRISTMAS BAKED HAM

No apologies for repeating last year's great recipe from Carol Wilson for this succulently moist baked ham.



1 x 2 kg boned and rolled gammon joint
2 onions, quartered
6 peppercorns
1 carrot
4 parsley sprigs
4 bay leaves
15g fresh thyme
100ml dry cider or beer
110g light muscovado sugar
2 teaspoons ground allspice
1 teaspoon ground cloves
1 teaspoon ground cinnamon
2 teaspoons fresh rosemary
1 teaspoon ground bay leaves

Soak the gammon in cold water for 12-24 hours if needed.
(This isn't always necessary so check the directions on the pack).

Place in large pan, cover with cold water and bring to the boil. Skim off any scum. Add the onions, peppercorns, carrot, parsley, bay leaves and thyme. Cover the pan and simmer slowly for 1½ hours.

Heat the oven to 200°C (180° fan) 400°F gas 6. Place the gammon in a roasting tin with the cider or beer and remove the skin, leaving the fat intact. Mix the sugar with the spices, rosemary and bay and rub all over the ham.

Bake for 30 minutes, basting frequently with the cider or beer. When the fat is golden and crisp, transfer to a plate and leave until cold.

Market dates

4th Saturday every month, 9am - 1pm

Sat 21st Dec (3rd Sat!)
Saturday 25th January
Saturday 22nd February
Saturday 22nd March
Saturday 26th April
Saturday 24th May
Saturday 28th June . . .

How to get there:

On foot or by bike: 400 metres from West Kirby railway station, on Meols Drive (towards Hoylake), then right into Graham Road.

By bus: Services 22, 24, 38, 39, 77, 77A, 83, 83A, 437 to West Kirby

By train: Services every 15 minutes into West Kirby station.

By car: Parking for the market is not easy. Park on Meols Drive and in the town centre; and for blue badge parking only, in the Church Hall car park.

HICKORY'S

Smokehouse

Seasonal cheer from Hickory's West Kirby

As well as hot drinks, cakes & bacon batches at the tea bar this month, local independent Hickory's Smokehouse have offered to provide a spiced winter warmer and a sweet treat for shoppers, in return for a donation to local charity: -

The Wings Project

A Wirral-based bereavement and loss counselling and support service for young people aged 4-18yrs. A pilot project led by The Dove Centre (01782683155) as a joint venture with Listening Ear (0151 488 6648). The ultimate aim of the project being to establish a permanent counselling service in Wirral for children and young people.

West Kirby Beer Fest 2014

Over 20 real ales, ciders and wines brought to you over three days.

From Friday 21st to Sunday 23rd February. Live music, delicious home-made food and tasty ales.

St Bridget's Centre, St Bridget's Lane,
West Kirby CH48 3JT

Tickets £6 - from Peerless at this market, Lattitude Bistro or St Bridget's Centre on weekday mornings.



Hate Waste?

Turkey & Sweetcorn Burgers?
Nisha Katona's Lemon & Mustard Seed Brussel Sprouts? Cranberry Sauce Brownies? Find new and delicious-sounding recipes to make

use of all the various bits of Christmas meal leftovers at lovefoodhatewaste.com/recipes